

Wednesday's Wisdom

June 2014



*Thank you to those who participated in the BNPS Webinar training
CACFP Nuts and Bolts*

*You can find the Nuts and Bolts PowerPoint on the BNPS website:
http://education.nh.gov/program/nutrition/child_adult.htm*



SAVE THE DATE

UPCOMING CACFP SPONSORING ORGANIZATION CELEBRATION!

(Free of charge)

*All CACFP sponsors are cordially invited to a
sponsoring organization celebration at the
Girls Inc. in Manchester, NH.*

*The Girls Inc. facility went through a
Building on Hope makeover a number
of years ago.*

When: October 24, 2014

Where: Girl's Inc., Manchester, NH

Keynote Speaker:

Dr. Karrie Kalich, Keene State College

Topic: Roll out CACFP Nuts and Bolts on-
line interactive training and MORE!

Breakfast and Lunch will be prepared by
Girls Inc. food service.

A note of Thanks

Thank you to everyone who participated in making
the first jointly hosted **Farm to School/Preschool
Conference** a success! We are busy preparing for
the Farm to School/Preschool event for next year.
Stay Tuned!

SAVE THE DATE

You are cordially invited to the
Third Annual Tri-State Conference

May 1, 2015

at Sunday River, Maine

More information to come!



The Fruit of the Month is Watermelon

Did you know that watermelon was first harvested about 5,000 years ago in Egypt? It is the most consumed melon in the United States and is made up of mostly water. In fact about 92% is water! There are five types that can be purchased: seeded, seedless, mini, yellow and orange. Watermelon is an excellent source of vitamins A and C. In addition it provides Vitamin B6 and potassium. Select watermelons that are symmetrical and heavy for size, where a yellow spot where it set to ripen in the sun.

